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## 2016 YRBS Results - Athletes

The results of the Arlington High School 2016 YRBS were cross-tabbed with the following question: *"During the past 12 months, have you been a member of a school-sponsored athletic team?"*. According to the 2016 YRBS, 57% of students self-reported participating in an AHS sport in the past year. Although athletes reported lower levels of suicidal thoughts, tobacco use, and illicit drug use compared to non-athletes, athletes reported higher recent alcohol use, binge drinking rates, lifetime marijuana use, prescription drug use and heroin use.

### **Athletes reported more high-risk behaviors than non-athletes.**

- More athletes reported driving a car when they had been drinking than non-athletes (5.5% vs. 3.8%).
- More athletes reported doing something dangerous while using alcohol or drugs compared to non-athletes (17.2% vs. 11.4%).
- Athletes reported higher recent alcohol use than non-athletes (40.3% vs. 28.7%).
- Athletes reported almost twice as much binge drinking compared to non-athletes (20.5% vs. 12.3%).
- Athletes reported using a fake ID to buy alcohol more than three times as much as non-athletes (8.3% vs. 2.6%).
- More athletes reported obtaining alcohol via older siblings or older friends compared to non-athletes (18.3% vs. 10.1%).
- More athletes reported attending parties in Arlington homes where alcohol use by teens is allowed compared to non-athletes (34.2% vs. 21.5%).
- Athletes reported recently drinking outside more than twice as much as non-athletes (19.2% vs. 7.7%).
- Athletes have a lower perception of harm of binge drinking than non-athletes (74.1% vs. 82.1%).
- More athletes reported using prescription drugs not prescribed to them than non-athletes (6.9% vs. 5.8%).
- More athletes reported using heroin than non-athletes (3.2% vs. 2.4%).

### **Athletics serve as both protective and risk factors to youth marijuana use.**

- Athletes reported lower recent 30-day marijuana use compared to non-athletes (20.1% vs. 21.5%).
- Athletes reported less marijuana use on school property than non-athletes (5.0% vs. 6.9%).
- Athletes reported higher lifetime marijuana use compared to non-athletes (33.7% vs. 28.5%).
- Athletes reported using marijuana outside almost twice as much as non-athletes (19.9% vs. 11.4%).
- Athletes reported a lower perception of harm of using marijuana than non-athletes (46.1% vs. 47.2%).

### **Arlington parents support enforcement of youth substance abuse laws and policies.**

- 95% of parents reported they "strongly agreed" or "agreed" with Arlington schools enforcing the MIAA consequences for student athletes associated with alcohol or drug use. (2016 AYHSC Parent Survey, n=592)
- 97% of parents reported they "strongly agreed" or "agreed" with Arlington police referring first time youth offenders to the Arlington Youth Diversion Program.